

## ABSTRACT OF THE DISCLOSURE

A heel for a shoe includes a first relatively flat surface for contacting the ground when one is walking while wearing a shoe having the heel and a second relatively flat surface for contacting the ground when one is dancing and wearing a shoe having the heel. A pair of shoes can have one or two such heels. Preferably, there is a lower-friction portion on the second relatively flat surface. The second relatively flat surface allows one to relatively easily spin while dancing, as compared to dancing with shoes having normal heels.

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